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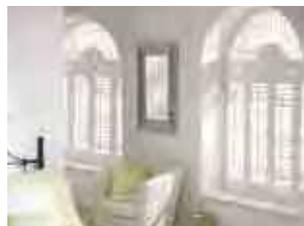
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Front cover::

Photo of a robin taken behind
St Mary's Church by James Erwell

Stansted Mountfitchet Village Magazine

The Link

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EDITORIAL

Easter is symbolic of the season of spring - a time of renewal and hope. It is a time to be thankful for the gift of life and to remember God's love and ultimate sacrifice. Will you sacrifice a little of your valuable time this year to help bring a little happiness and hope to someone in your community? St Clare's Hospice is seeking volunteers to become *Compassionate Neighbours* as the charity launches a community-led project aimed at tackling loneliness on page 42. Meanwhile on page 14 Forest Hall School is working with students on an initiative aimed at breaking down the negative barriers around mental health. As it is spring-time, you are invited to join members of Mountfitchet Garden Club on an exotic gardening adventure around Mexico on page 9. Living in Stansted we are never far away from the beauty of nature; learn some fascinating facts about the lovely Brown Hare on page 27. Finally despite causing much disruption, the heavy snow also created a very picturesque *Stansted in the Snow* on page 25.



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CONTRIBUTIONS Up to 300 words in Word format. Photographs to be sent separately (jpeg).

By email (preferred) to editor@stanstedlink.org.uk by noon on 9th April for the May issue or by hand/post by noon on 7th April to 7 Blythwood Gardens, Stansted CM24 8HG.

DISCLAIMER Opinions in The Link reflect those of the authors and contributors. Publication (on paper or electronically) of articles, advertisements or product/services information does not constitute endorsement by The Link nor is any culpability accepted for work undertaken by advertisers.

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THOUGHT FOR THE MONTH

On 1st April, it is traditional for the newspapers to put out some false stories to see how many people they can fool. The classic is, of course, the famous BBC *Nationwide* report about the spaghetti harvest, first broadcast in 1957 but frequently repeated. The reverse of this are the truths, which people refuse to believe because they just seem utterly unbelievable to them. I remember watching the news reports of the Apollo 8 astronauts circling the moon in 1968 with an elderly aunt, who steadfastly refused to believe it was anything but a hoax. When things happen which are outside of the common realm of our experience, it can be hard for us to judge if they are true or not.

1st April this year is Easter Day, the day that Christians proclaim that Jesus (who on the Friday had been put to the gruesome death of a rebel against the Roman imperial superpower) rose from the dead; that the body that had hung on a wooden cross emerged from

the tomb, walked the earth, appeared to his friends and spoke with them. When the earliest Christians proclaimed this message they were derided as fools. Everyone knew that the dead did not rise. Everyone knew that God's messenger could not die. It was nonsense.

So how come two thousand years later we are still talking about it? How come millions of people in every nation of the world bet their lives on the fact that it is true? Because the universe is different from the way 'everyone knows'. Because human beings are not just insignificant dust swept away by the tide of history but beloved children of God held in their Heavenly Father's heart. Because you matter, and so does everyone else. My first words on Easter Day will be "Christ is Risen" and it won't be an April Fool.



Paul Wilkin
Rector of Stansted



EASTER SERVICES



ST THERESA'S

Maundy Thursday 29th March 8.00pm Mass
Good Friday 30th March 10.00am Children's Service
 3.00pm Liturgy of the Passion
Holy Saturday 31st March 10.00am Confessions
 8.00pm Easter Vigil
Easter Sunday 1st April 10.00am Mass

ST JOHN'S

Maundy Thursday 29th March 8.00pm Holy Communion followed by watch until midnight
Good Friday 30th March 2.00pm Liturgy of the Cross at St Mary's, Birchanger
 6.00pm *Lift High the Cross* choral reflection led by the choir
Easter Sunday 1st April 8.00am Holy Communion
 9.30am Sung Eucharist and First Communion

SOCIETY OF FRIENDS

Easter Sunday 1st April 10.30am Meeting

FREE CHURCH

Good Friday 30th March 10.30am Rev'd Stuart Veitch
Easter Sunday 1st April 9.30am (note time)
 Rev'd Roy Fowler -
 Easter Communion



All enquiries: The Church Office, St John's Hall,
 St John's Road, Stansted CM24 8JP
 Tel: 815243
 Office hours: 9.00am-12 noon Mon,
 Wed, Fri
 Email: st.johns.church@btinternet.com
 Website: www.stanstedstjohns.btik.com

Rector: Rev'd Paul Wilkin
 Tel: 812203
 Email: stansted.rector@gmail.com

Director of Music: Anne Brooks
 Email: anne.brooks22@yahoo.co.uk

Church Hall Bookings: Barbora Dragoskova
 Tel (with answerphone): 815243
 Email: stjohns.hallbookings@gmail.com

St John's Diary

Sunday
 8.00am Said Holy Communion
 9.30am Choral Eucharist (2nd, 3rd and 4th Sundays)
 9.30am Family Communion (1st Sunday)

Tuesday
 9.15am St John's Tots

Wednesday
 9.00am Morning Prayer
 10.00am Holy Communion

Thursday
 10.30am-noon The Coffee Pot

Monday-Thursday and Saturday
 5.00pm Evening Prayer

There are services of Holy Communion on the first Tuesdays and Wednesdays of the month in Norman Court, Hargrave House and Broome End Nursing Homes.



STANSTED FREE CHURCH
Methodist / URC
Chapel Hill, Stansted CM24 8AG
www.stanstedfreechurch.org.uk

Minister Rev'd Roy Fowler
 Tel: 814809
 Email: minister@stanstedfreechurch.org.uk

Lettings Marion and Mike Dyer
 Tel 814059
 Email: lettings@stanstedfreechurch.org.uk

Preachers for April

1st 9.30am Rev'd Roy Fowler - Easter Communion
Note Time
 8th 10.30am John Banks
 15th 10.30am Rev'd Christine Fowler
 22nd 10.30am Rev'd Gill Hulme
 29th 10.30am Rev'd David Simpson
 David was our minister from 2006 until 2008 and we are delighted to welcome him back to take our service.

ROMAN CATHOLIC

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www.sttheresastansted.org

Priest Father John Garrett

Office Tel: 816889
 Email: stansted@dioceseofbrentwood.org

Masses Saturday 6.00pm
 Sunday 10.00am
 Holy Days of Obligation 8.00am and 7.30pm
 Tue, Wed, Thu, Fri 9.30am

Confessions
 Saturday 10.00am
 and by appointment

Baptisms By appointment



C.A.M.E.O
(Come and Meet Each Other)

The Salvation Army CAMEO group meets at 7.00pm on the third Tuesday of the month at Stansted Day and Community Centre, Chapel Hill. The cost is £1 per session and includes an evening topic, and fellowship over tea/coffee and biscuits to finish. In February the CAMEO group joined together to watch *The Link* DVD. This is a quarterly DVD produced by The Salvation Army which informs people about what is happening internationally and across the country. It is up to date and includes several areas of the work and a devotional clip. The group enjoyed seeing the images and talking about the variety of work The Salvation Army has been, and is, involved with.

The meeting on Tuesday 17th April is entitled *What I used to do* and is an opportunity for people to remember and share memories about the jobs they have had throughout their working lives: an evening of memories and fellowship. The Salvation Army also meets each Sunday morning at 10.30am (Markwell Pavillion, Castle Gardens, Bishop's Stortford) and you would be welcome to join us for our Sunday service. We stay for tea and coffee fellowship after the meeting and a Sunday school runs from 12.00 noon for our younger members. We have several other groups and events which we would be happy to tell you about. We hope to see you soon.



Lieutenant Megan Lowe
 Tel: 01279 507464
 Email: megan.lowe@salvationarmy.org.uk

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Quaker Meeting House, 71 Chapel Hill
 Stansted CM24 8AE
www.saffronquakers.org.uk/stanstedhtml

Clerk Jane Mitchell
 Tel: 503024
 Email: sjane.mitchell@ntlworld.com

Lettings Richenda Whitehead
 Tel: 07773 603618
 Email: richendajw@live.com

Meeting for Worship Sunday, 10.30am every week

Light Group 10.30am-12 noon 12th May. The (Guided Meditation) 'Experiment with Light' is a process that helps people deepen their spiritual lives by discovering what it means to 'wait in the Light' as early Quakers did.



Contact: Howard and Ros Page
 Tel: 810813
 Email: contactstanfam@yahoo.com

Our Christian beliefs are conventional, we are just doing church differently.

Our @27 meetings are normally held on alternate Tuesdays; 7.30pm coffee for 7.45pm start. This month we will be meeting on Tuesday 10th and 24th April. @27 is a house-church or homegroup-style meeting with modern worship music, a Bible-based *thought for the day*, discussion, prayer and more. If you are looking for Christians with a contemporary outlook, a desire to grow in our faith and a vision to benefit our community, why not get in touch? All welcome; you do not have to be a member of Family Church, or any church, to attend. If you would like to join a prayer walk, or have a prayer-request, please contact us.



Ros and Howard Page

ST JOHN'S 300 CLUB

Congratulations to the winners of the February draw:

£100 No 236 Elaine Ballard
£50 No 53 Nicola Ward
£25 No 55 Matt Cope

The draw for April will be held on **Sunday 29th April** in St John's Church following the 9.30am service. The current 300 Club year will come to an end on **Monday 30th April** and I would like to express our very grateful thanks to all those who have supported us. Renewal forms will be sent to everyone who paid by cheque or cash, and we hope you will be prepared to sign up for another year commencing on **Tuesday 1st May**. There are still numbers available for anyone who may wish to join and be in with a chance to win one of the 38 prizes totalling £2,500 given away each year. In addition, the Club raises vital money to help cover the heavy maintenance costs and work of St John's Church. Numbers cost £2 each per month with a maximum of five numbers per household. Please contact either myself or Katy Dockerill on 812997, for an application form.



Ann Lee
Tel: 813310



ST MARY'S CHURCH COMMONWEALTH BIG LUNCH

In April the Heads of Government for 52 Commonwealth countries will meet to discuss the future of the Commonwealth. To show support for this and to celebrate the unity and diversity that the Commonwealth represents we are one of 52 churches taking part. We will be representing Trinidad and Tobago.

I would like to invite you all to St Mary's Church to share in a little Caribbean culture and charm on Sunday 22nd April at 3.00pm. There will be calypso and steel band music, rum punch, food to try and a selection of fruits too. Limbo too, if our knees, hips and backs allow! There will be a short presentation about the islands and a chance for you to learn what happens on the run up to Shrove Tuesday and no pancakes in sight! Entrance fee is a minimum donation of £5.00. Wear your tropical shirts and come join in the fun!

To help with catering please contact me as I will be cooking for you all.



Lynda Dale
Tel: 07716 099474
Email: lynnydale@hotmail.com

From the Registers

February

Funerals

9th Geoffrey George Snow, age 93 - at Cam Valley
14th Norman Charles Proctor, age 81 - at Cam Valley
21st Ivan Charles Mascall, age 78 - at Parndon Wood

BIG BREW 2018



There will be a **Big Brew** Coffee Morning on Tuesday 10th April from 10.00am-noon at 6 Wetherfield, Stansted. Come and join us for tea, coffee and cake, and browse the books and bric-à-brac stalls. Entry **free**. All donations to Fairtrade will be doubled by the Government. Everyone welcome. Please contact me if you have any items for the stalls.



Brenda Veitch
Tel: 815819



CHARITY ABSEIL FOR GROVE COTTAGE

www.mencapgrovecottage.org

Not afraid of heights? Why not Abseil for Grove Cottage? Grove Cottage is holding a charity abseiling event on **Saturday 5th and Sunday 6th May** at the Affinity Water Tower, Church Langley, Harlow; see the Harlow Tye Rotary website for more details: www.harlowtye.freeuk.com. If you would like to get involved and raise money for this worthy cause please contact me.

Rosie Wren
Fundraising Manager
Tel: 07710 699574
Email: rosie@mencapgrovecottage.org

TONY BUTCHER

The Link team were saddened to learn that Tony died peacefully in his sleep on 6th February. Tony had been a very valuable member of the Link team, especially when we began computerising the layout of each edition rather than using the traditional paste-up boards. He will be very much missed.

MARCH LINK DELIVERY

www.stanstedlink.org.uk

Apologies to some readers of *The Link* who received their March issue later than usual. Our main deliverer slipped over during the first batch of deliveries, and then had to wait for the snow to clear before completing the rest of the village. Readers with internet access can view *The Link* on our website, where the current issue is uploaded around the 1st day of the month.

Editor

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and mention that you saw their advert
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Stansted Millers

Windmill Easter Openings

Come and have a look round

1.30 - 5.30 pm

Easter Sunday 1st April

Bank Holiday Monday 2nd April

Easter Eggs & Badges for Children



Big Brew Coffee Morning

10 am - noon Tue 10th April

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Day Centre

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WHAT'S ON IN APRIL

1 Sun / 2 Mon	Windmill Open	1.30 - 5.30 pm
3 Tue	Stansted is Well Read	Dog and Duck 8 pm
4 Wed	Mountfitchet Garden Club	Day Centre 7.30 for 8 pm
5 Thu	Local History Society	Day Centre 7.45 for 8 pm
6 Fri	Business Forum Breakfast	Linden House 7 for 7.30 am
7 Sat / 22 Sun	Stansted Family Café	Day Centre 10 - 11.30 am
8 Sun	St Clare 10K	St Clare Hospice 10.30 am
8 & 22 Sun	Garden Waste Skips	Lower St Car Park 12.30 - 4.30 pm
9 Mon	Link copy due in today	before 12 noon
10 Tue	Big Brew	6 Wetherfield 10 am - noon
	RSPB	B S Community Centre 7.30 pm
11 Wed	W I Tea Party	Day Centre 2.30 - 4.30 pm
12 Thu	Wine and Cheese Evening	Cork House 7.30 pm
	Stansted W I	Day Centre 7.30 pm
17 Tue	CAMEO	Day Centre 7 pm
18 Wed	Ugley W I	Ugley Village Hall 2.15 pm
19 Thu	Stansted U3A	St John's Hall 1.30 pm
19 Thu / 20 Fri	Hi-de-Hi	Rhodes Theatre 7.30 pm
20 Fri	Grove Cottage Race Night	Charis Centre B S 7.30 pm
21 Sat	Hi-de-Hi	Rhodes Theatre 3 pm and 7.30 pm
22 Sun	Open Day	Easton Lodge 11.30 am - 5 pm
	Commonwealth Big Lunch	St Mary's Church 3 pm
	Herts and Soul Concert	Herts and Essex School 7 pm
	Manuden Singers Concert	Manuden Church 7.30 pm
24 Tue	Hearing Help	Day Centre 2 - 4 pm
	Inner Wheel	Day Centre 7.30 pm
25 Wed	Garden Club Fun and Flair	Forest Hall Sch 7 for 7.30 pm
28 Sat / 29 Sun	Open Day	Bowling Club 10 am - 3pm



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Sat 28th & Sun 29 April

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In aid of Grove Cottage ~ All Welcome

Manuden Singers & Players

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and The Royal Wedding*

7.30 pm Sun 22nd April
St Mary's Church, Manuden

*Tickets Adults £10 Children £5
Tel Fiona 812157 or at the door*

Proceeds to Samaritans



Friends of St Mary's Church

Commonwealth Big Lunch

3 pm Sun 22nd April

Share a little Caribbean Culture!

Calypso & Steel Band Music

Rum Punch and Delicious Food

*Entry £5 - for catering purposes please book
Tel Lynda 07716 099474*

THE FORGOTTEN GARDENS OF EASTON LODGE OPEN DAY

Sunday 22nd April

11.30 am - 5 pm (last entry 4.00 pm)

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ST JOHN'S CONCERT REVIEW

Billed as *Wide Open Spaces*, The Harmonaires Choir concert in St John's church last month seemed somewhat of a misnomer; both in terms of remaining seating spaces on which to absorb the sumptuous sound and of spaces within the extensive line up of choral items with which music director, Josie Cowley had enticed us.



It was a programme that showed off her choir superbly; moving adeptly from modern sacred choral works by Rutter, Chilcott, Whitacre and Gjeilo to today's pop classics such as Snow Patrol's 'Run' and vintage pop in the shape of 'The House of the Rising Sun', 'Orinoco Flow' and 'You Raise Me Up'. Thence to the musical theatre of Lloyd Webber which crowned a magnificent evening with a medley of show hits. Particular highlights of the concert were the ensemble pieces, firstly from the men with 'All through the night', followed by the lovely rendering of 'The Water of Tyne' by the ladies. Josie had taken the evening's title from a new piece by Canadian composer, Sarah Quartel, reflecting on the spaces within us and around us, a piece that, along with Whitacre's 'Seal Lullaby', was fresh and intriguing to most of our ears. Michael Smith excelled as their accompanist and sparkled particularly in Bob Chilcott's 'Little Jazz Mass'. To add to our enjoyment of the evening, St John's put on a very welcome bar at the back of the church and enticed us with a raffle with over 50 prizes. Proceeds are for the renovation of St John's church hall and over £1,000 was raised for that project.

Alan Wheeler



WHAT'S ON AT SAFFRON HALL – APRIL HIGHLIGHTS

www.saffronhall.com

Foyer Jazz Club Friday 6th April, 8.00pm

Featuring superb live jazz from the **Zoe Gilby Quartet** and vegetarian Middle-Eastern inspired street food from the Wandering Yak. Tickets: £13.50.

Courtney Pine Thursday 12th April 7.30pm

Saxophonist **Courtney Pine** plays music from his new album, *Black Notes From The Deep*. Tickets: £14 - £28.

Daniel Lehardt (Young Artist Coffee Concert)

Sunday 15th April, 2.00pm. Beethoven and Liszt. Free tea, coffee, sherry and squash after the concert. Tickets: £10.

BBC Radio 3 Big Chamber Day

Saturday 21st April 3.00pm, 4.30pm, 7.00pm and 8.30pm
A series of one-hour concerts introduced by Radio 3 *Sunday Morning* presenter Sarah Walker. All the concerts will be recorded for broadcast on BBC Radio 3. Tickets: £10.

8 Minutes - Alexander Whitley Dance Company

Saturday 28th April 7.30pm. A unique collaboration with scientists from STFC RAL Spacey. Dance, film and music take us on a journey through the universe, revealing the drama of the burning ball of plasma that illuminates our planet and exploring the numerous ways in which we relate to our home star. Tickets: £12-£26.

Family Jam - Sing! Sunday 29th April 11.00am and 2.00pm
Everybody sing! If you've got a voice, you can make music in this song-packed afternoon for the whole family. Minimum age 7 (no unaccompanied children). Tickets: £7.

Tickets for any of the above from the box office tel 0845 548 7650, online www.saffronhall.com or on the door.

Tom Dickinson

Email: Tom.dickinson@saffronhall.com

PUTTING SAFFRON WALDEN ON THE MUSICAL MAP

A global music event is coming to Saffron Walden on Sunday 24th June, when Saffron Walden Arts Trust (SWAT) will be organising the town's contribution to the *Fête de la Musique*, also known as *World Music Day*. This will be the second time there has been a *Fête de la Musique* in Saffron Walden. The first was in 2015 when 3,000 people attended during the course of the day to hear over 70 acts performing music of all genres in the Market Square itself and other venues across the town centre. The event was described as a triumph for the town. SWAT hopes to make this year's *Fête* even better. Musicians are still being recruited. Performances will take place at venues including the Town Hall, Jubilee Gardens, the Market Square and the Faircroft Arts Centre, with family-focused acts in the Museum grounds. Jugglers and other street performers will also feature this year. Local food entrepreneurs will also be on hand selling a wide range of foods to the crowds.

SWAT has the following aims in holding the event:

- allowing the town to participate in a global event
- bringing local people together to boost the cultural life of Saffron Walden
- showcasing what facilities and talent the town has to offer
- bringing visitors into town to boost local business
- giving local musicians a chance to perform and encouraging new talent.

Volunteers will be needed to make the event a success. While most of the performers are amateurs and will not be charging, the event itself obviously incurs costs for publicity, programmes, health and safety etc. SWAT is also, therefore, hoping that local businesses will be willing to support the *Fête*. Would-be performers, volunteers and local businesses that would like to offer their support should contact SWAT: email: saffronwalden.musicday@gmail.com

Paul Chinnock

Email: paul_chinnock@btinternet.com



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Derek Francis

WHAT IS OSTEOPATHY?

Osteopathy is a system of diagnosis and treatment which focuses primarily on the body framework: the bones, muscles, tendons, ligaments and joints. Although osteopaths are perhaps best known for helping with back pain, they do in fact treat all areas of the body. It is a manual (hands on) therapy which is based on the understanding that the well-being and good health of an individual depends on the body framework being in balance and functioning smoothly. Most people consult osteopaths because they are in pain, but osteopathy can also help with more general complaints of stiffness, tension and feeling 'out of balance'. Osteopathy uses a holistic approach to the body, meaning that it aims not just to target the presenting symptoms, but also to address the underlying structural problems that give rise to the symptoms in the first place. Making an accurate diagnosis is fundamental to this process and requires all osteopaths to have undertaken a rigorous four-year, full-time training course.

Osteopaths use a wide variety of hands-on techniques to bring the body to optimum balance, improve function, and minimise wear and tear. Treatment techniques range from very gentle rebalancing techniques, through soft tissue massage and stretching, to fast manipulations freeing joints with a distinctive 'click'. Again, the holistic approach means osteopaths consider each patient as an individual and treatment is adjusted to suit each patient; it is not a 'one size fits all' treatment. Osteopaths can assess and treat people of any age from the newborn to the elderly, from pregnant woman to the elite athlete.

Jacolin Sheaf
Quendon Osteopathy (formerly Lower Street Clinic)
Tel: 01799 543444
Email: info@quendonosteopathy.co.uk



www.mountfitchetgardenclub.co.uk

After spending 16 years at Kew, our speaker, Mr Graham Pattison, became Director of the Mexican Botanic Gardens based in Mexico City. He spent several years there working and training local staff and visiting students about horticulture, plant conservation and botanic garden management. He then returned to the UK to lecture and become involved with the National Collections Scheme and to renovate a garden to Grade I status. The title of his talk was *Mexico - A Land of Contrasts*. He explained that Mexico is the largest of the Central American countries and its growing conditions can vary from arid deserts to high mountain ranges, coastal mangrove swamps or active volcanic areas. The Mexican flora includes over 23,000 species! Using a series of slides members were shown some of the archaeological sites (many still being cleared of the undergrowth that has covered them) and the fauna and flora found in the different regions. As an example of the diversity, he explained how the Quercus (Oak) family has altered and adapted to its environment: how its height, shape of leaves and size of acorns changed from the base of a mountain to the top.

Many of our garden and house plants: fuchsias, dahlias, orchids and cacti, for example, originate from Mexico.



AGM and Mini Spring Show Wednesday 4th April

The doors will open for exhibitors at 6.30pm; all exhibits to be displayed by 7.45pm. The AGM will start at 8.00pm followed by a quiz. Results of the show will be announced at the end of the evening. Everyone is welcome.

An Evening of Fun and Flair with Flowers with Gill McGregor, Wednesday 25th April 7.00pm for 7.30pm at Forest Hall School. Entry by ticket only £8.00 (includes complimentary glass of wine/juice) from: 816250, 814973, 813157, 07919 478144 or via our website.

Maralyn Harris
Chairman
Tel: 07919 478144

Lower Street Osteopathic Clinic

has relocated, new contact details are:

Quendon
OSTEOPATHY

Jacolin Sheaf (Lampon) D.O.
4a Red Cottages, Cambridge Road, Quendon,
Saffron Walden, Essex CB11 3XH
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Chris **01279 817111** info@mvcc.manuden.org.uk

EASTER WINES

Spring at last and the celebration of Easter. Many of you will be enjoying lamb over the bank holiday weekend and what better accompaniment than a glorious claret from Bordeaux, a very traditional match. Two clarets I can recommend from previous vintages I have tried are **Chateau Caronne Ste Gemme 2012** at £14.99 and **Chateau Tour Haut Caussan 2007** at £11.99, both from Majestic as part of a mixed six case. Both offer classic blackcurrant, spicy and cedar traits of Cabernet Sauvignon and Merlot blends, and are delicious with lamb. If you would like something less pricey, Tesco have a good **Bordeaux Superior 2016** at £6.00 made by one of the best Bordeaux negociants Yvon Mau. Open it up an hour before, or decant to let it breathe to help bring out those flavours.

Others may prefer a softer Rioja wine and I can recommend the Tesco Finest **Vina Del Cura Rioja Reserva 2013**, a good buy at £8.50: soft and mellow with flavours of baked strawberries and oak spice, again great with lamb.

If you are having a chocolate dessert or just want to sip something alongside those chocolate eggs then here are a few suggestions: stronger alcoholic sweet drinks such as Tawny Ports, PX sheries or one of the more unusual sweet red wines all go well. Maury, a district in southern France near the Spanish border, produces a sweet red wine from Grenache grapes in a 'vin doux naturel' style (by adding a spirit to stop fermentation, so a bit like port). It is expensive but goes particularly well with chocolate desserts as does a sweet red from Italy called Recioto della Valpolicella which uses dried grapes. Waitrose sells both in 50cl bottles, **Cantina de Negrar Recioto** for £15.99 and **Dom Poudereux Maury** at £11.50; something different to try.



Paul Wilkinson
Email: Corkscrew_456@hotmail.co.uk

RECIPE OF THE MONTH CHEESE CRISPIES



An alternative to Cheese Straws

Ingredients

6oz / 170gm grated cheddar cheese
6oz / 170gm butter
1 teaspoon English mustard powder
8oz / 230gm plain flour
2oz / 55gm Rice Crispies

Method

Cream butter and combine with cheese (put to one side)
Mix flour and mustard powder
Add Rice Crispies and mix well
Tip flour and Crispies mix into cheese and butter mix
Work into a firm (but sticky!) mix
Roll out, adding plenty of flour
Cut into 5cm rounds
Place on greased baking tray
Lightly brush with milk and sprinkle on a few crispies
Cook for 13 minutes at 180°F / 80°C until golden brown

Margaret Chastney

FARMERS' MARKETS

Wonderful produce from the fields on our doorstep is not hard to find. In and around Stansted we are so fortunate to have these wonderful farmers' markets both weekly and monthly. Produce is so fresh; you really can taste the difference plus **no plastic packaging!** Stalls range from luxury organic skin creams to amazing kale, mutton or hand-crafted chocolate, not to mention the homemade baking and cups of leaf tea. I love cooking; it is my passion and I love the colours of the market stalls and the vegetables gleaming. Everyone is welcome and it is lovely to see young people coming with their families. These markets have something for everyone. Ugley Farmers' Market is held on the 3rd Saturday of every month from 10.00am-noon and is a five minutes' drive from the village: walkable! Come and support your local farmers' market.

Paola Vitale-Murphy
Paola's Dalla Mia Cucina
Email: pvm72@icloud.com

 **UGLEY FARMERS' MARKET** 
10 am-noon Saturday 21st April
Ugley Village Hall

Meat ~ Poultry ~ Fish ~ Eggs ~ Honey ~ Preserves
Fresh Pasta ~ Bread ~ Cakes ~ Chocolates
Cards ~ Ceramics ~ Plants ~ Skincare
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Refreshments with cake and bacon rolls

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STANSTED MOUNTFITCHET WINDMILL

After a difficult week of snow, we gradually came out of hibernation and our Coffee Morning on 7th March was a well-attended sociable occasion for many people to catch up with friends. Our next Mill project is the big Mill clean up to prepare for our Easter openings. We have been given a lovely model windmill, which we are planning to have on display at Mill openings. It is a Post Mill which I am sure will be of great interest to our visitors, particularly the school parties. Do make 2018 the year to visit us.

April Windmill Openings: Sunday 1st April and Bank Holiday
Monday 2nd April at 1.30pm-5.30pm.



Molly Clark
Co-Trustee
Tel: 816768

RECIPES WANTED

Do you have any recipes you would like to share with Link readers? They must be your own recipes and not copied from any other publication or the internet. Please email: editor@stanstedlink.org.uk by the 9th of the month for publication the following month.



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Margaret Rogers was the speaker at our February meeting on the subject of *Elephants*. She began her very entertaining, well-illustrated talk by recounting (with the help of Rudyard Kipling) how the elephant got its trunk and then gave us some very interesting facts about these wonderful animals. Space allows for just a few to be mentioned here. They live to the age of 60, can sleep standing up, have no natural enemies and amazingly their trunks contain no less than 40,000 muscles! The females, poor things, are pregnant for 23 months. They are the only animals that can push and pull. Margaret ended her very interesting talk by pointing out that elephants use their trunks as a snorkel when swimming - perhaps that solves the mystery of the famous Loch Ness Monster?



Our next meeting will be held in Ugley Village Hall on Wednesday 18th April at 2.15pm; our speaker will be Heather Clarke – her subject *Audio Visual Our Way*. Why not come along and meet her; you would be most welcome.

Andrea Fitt
Tel: 815922



www.birchangerbutterflies.org

In February we celebrated Chinese New Year with the children. They all really enjoyed dressing up in the Chinese Lion, dancing with ribbons, and even had a go at eating a noodles and prawn crackers snack with chopsticks!

We have also continued this half term with looking at *People who help us*. The children have completed activities around vets, firefighters and librarians. We would like to say a big thank you to everyone who kindly visited the Preschool to talk about their professions to the children. Forest School has enabled the children to experience many different weathers; wrapping up warm we were able to see the environment change with the snow, snowdrops and the buds starting to form. We did have a few fires down in the

forest to keep us warm and enjoyed a treat of toasted marshmallows.

A reminder that our Open Day takes place on Saturday 28th April from 10.00am to noon. We look forward to welcoming all new prospective parents and their children to the Preschool. If you are interested in a place at our setting, please contact us via our website or give us a call. We currently have spaces available now and for September 2018 for children from 2½ years.

Karen Reilly
Manager
Tel: 810800



STANSTED MOUNTFITCHET
LOCAL HISTORY SOCIETY

Our March meeting was cancelled due to the poor weather and concerns regarding getting to and from the Crafton Green Centre. So I thought it would be a good opportunity to put in writing all our thanks to the team that have made the History Society what it is today. There is endless research and studying that our speakers have to go through to make the evenings so interesting to all. It would not be right to name any individual person or their roles as it is such a joint effort, from the team that organises the evenings and manages the financial affairs, to the volunteers who offer their tea and coffee-making skills each month. You know who you are, and I am sure everyone appreciates what you do. I would encourage anyone who has ever thought of popping in to one of our evenings to do so. Not every subject would be of interest to you, but please refer to the agenda printed in *The Link* at the start of each season and choose the ones you would like to attend. You may be pleasantly surprised. The entrance fee is only £2, and you get refreshments.



The next meeting is on Thursday 5th April when Kate Birbeck will be giving us a presentation on '**Lord Gardner and his family in Stansted**'. Doors open at 7.45pm. All welcome at the Crafton Green Centre at the top of Chapel Hill.



Steve Leaney
Tel: 647177

As part of our new Jigsaw PSHE curriculum (personal, social, health and economic education), the pupils at Bentfield have been learning about the value of money and exploring ways in which companies can make a profit. Several weeks ago, we held an enterprise afternoon. Each class, from Reception to Year 6, was given £10 at the beginning of the term to buy materials to create products based on a garden theme. Each class then set up a stall in the main hall and took turns in running it, whilst pupils from other classes came to shop!



There was an incredible array of different products: bird feeders, decorated flower pots, ladybirds, garden signs, wind whirlers, welly boot plant pots, pom pom birds, butterfly mobiles and peacock decorations. The Year 6 pupils ably supported the event, not only through general supervision, but also through creating PowerPoint presentations to share with classes to highlight what would be available at each of the stalls. It gives me great pleasure to report that all products were sold and over £300 profit has been raised for charity. Well done to all the pupils for making such brilliant products, parents and carers for providing money for the children to make purchases, and the staff for ably organising and supporting the event!

David Rogers
Headteacher
Tel: 813626



FOREST HALL SCHOOL

Students in Stansted are the first in the UK to earn an award for their work around positive mental health. Forest Hall School is working to break down the barriers around mental health, to encourage young people to talk openly about any issues they are experiencing. The work will earn the school the Amber Flag, a campaign set up in Ireland. The initiative aims to encourage schools and other organisations to promote and bring about change in the promotion of positive mental health. The aim is to make the issue a daily topic of conversation leading to a cultural shift to remove the stigma attached to discussing mental health.

Forest Hall is the first school in the UK to take on the challenge.

Kelly O'Neill, food teacher, studied the issue when at college and is keen to put positive mental health on the map in Stansted. She said: "I want to get young people talking about mental health and seeing it is not something to be ashamed of. The more it is openly talked about, the more likely people are to seek help when they are suffering. Where I'm from in Ireland, mental health is not talked about and suicide rates are high. It is discussed a little more here, but people will say they suffer with anxiety and that's as far as it goes. People are reluctant to admit they are suffering with depression, for example. It's about taking that discussion a step further."

Students are being challenged to write down ideas of things to do when they are stressed at school, to make them happy. The notes will then be attached to a special tree in school which will remain a permanent fixture to share advice among peers. The school's completed application, including details of their activities, will be submitted in April, with the Amber Flag presented in May. Miss O'Neill said: "The flag is in recognition of our efforts to talk about positive mental health. I would love to see more schools taking on this challenge. When I introduced it at Forest Hall, students' initial reaction was "why would you talk about that" and that is exactly the stigma we are breaking down here now."

Kelly Clark
Tel: 01245 237751 or 07979 811580



MAGNA CARTA PRIMARY

As part of World Book Day, children took in books they had finished reading at home to swap with their friends. In Swallows class, they designed their own bookmark and in Robins they looked at the traditional story *The Princess and the Pea*, as well as looking at an alternative version.



They discussed whether this story could be real or not and discussed what does make a true princess. The children had lots of ideas and in the end decided the pea would probably get squashed underneath all of those mattresses!

Kelly Clark
Tel: 01245 237751 or 07979 811580

ST MARY'S C OF E FOUNDATION PRIMARY SCHOOL

www.stmarysstansted.co.uk



The Easter holidays are here and we would like to thank all the parents of the school for being so understanding regarding the snow closures at the beginning of March. Let's hope for a bit of Easter sunshine and warmth in the very near future.



Pirates overtook our school for one day in March. They were all quite little though, so not as scary as they could have been. *Land Ahoy!* is the topic for Key Stage 1 (KS1) this term and the children entered into pirate mode with a great deal of aplomb. Pirate ships were designed and different materials were tested for floatability. Sea vessels were constructed in miniature and our Hall rang to the rousing sound of sea shanties. A great day was had by all and we would like to thank the parents of our younger children for entering into the spirit of the day by providing costumes.

If you are new to the area and wish to visit the school please contact us.

Matthew Curzon
Acting Headteacher
Tel: 812212

Email: admin@st-marys-stansted.essex.sch.uk



ELSENHAM GUIDES

I am happy to announce that the future of Elsenham Guides has now been secured. We have been able to find a lovely person, Gemma Lewis from Stansted, who is a very keen outdoor enthusiast. Gemma joined us in January after contacting Girl Guiding UK and has fitted in really well. She has already committed to supporting the Unit and complete her leadership training. Once fully trained and settled, she will take over the role of Guide Guider for Elsenham. I shall continue to support Gemma through her training, she will be a great leader for Elsenham Guides.

We will now be able to take more Guides into the Unit, so if there are any girls interested in joining who may be a Brownie in Stansted or new to the area, please contact me or Gemma Lewis, email: gemmafaylewis@hotmail.co.uk. I am so pleased that the future of Elsenham Guides will continue and we look forward to enjoying our summer programme.

Teresa Soper
Email: Teresa.soper@talktalk.net

BIRCHANGER C OF E PRIMARY SCHOOL

www.birchanger.essex.sch.uk



School days are full of interaction and experiences. We are proud to offer a wonderful, wide range of these throughout our school. This term our youngest children in Dragonfly Class have learnt about *The Magic Porridge Pot* and innovated stories using wonderful ideas from their imaginations, including meeting rubbish in the woods which could be cleared with some magic and also looking after animals in the woods with a spell.

We have *Forest School* every week and have built shelters to try to keep out a very heavy downpour... not quite successful enough to remain completely dry! A magical fire was started by the children (which of course included all the safety rules). The *round the outside* song for staying a safe distance from the log circle each week ensures the children are aware of the hazards. They then toast marshmallows or crumpets. The ginormous fallen tree (which is in fact a flying dinosaur you know) allows for adventures across the world.



A coach trip to Bishop's Stortford College was another magical experience with Margaret Bateson-Hill taking us to Dragon Mountain and meeting Lao Lao who made beautiful paper cuts. Margaret taught us how to do this. The classroom is now regularly filled with paper cuts and paper flowers. Our science experiments have focused on health, what our bodies need, shelters for humans and then designing shelters for animals. We made comparisons of what we needed and what animals needed. The culmination was 'germs' – what do germs look like? Well we have some very delightful ideas and designs after our hand washing experiments.

Claire Berry
Headteacher
Tel: 812362

Email: head@birchanger.sch.co.uk

MANUDEN SINGERS

Manuden Singers Spring Concert, celebrating Easter and the Royal Wedding, is on **Sunday 22nd April** at 7.30pm in Manuden Church. Programme to include J S Bach's joyous and exuberant *Easter Oratorio*, Handel's *Wedding Anthem for a Royal Prince*, and Mozart's *Ave Verum Corpus* and *Vespers*. Tickets: adults £10, children £5 from 812157 and on the door. All proceeds to the local Samaritans.

Ian Priest

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AFTER THE DUST HAS SETTLED

Beatrice watched the dust particles dancing in the morning sunshine above the faded tablecloth. George stabbed his finger at the local paper. "Look how many new houses they're planning to cram in where Archie Palmer's cottage was. Well, if they think they're going to do the same here, they can think again." He shook the newspaper angrily with a loud "Harrumph."

Wordlessly Beatrice poured the Earl Grey tea. She was tired of his rants about developers, demolitions and new-builds. Tired of reminding her husband that change was inevitable. The scraping of metal on brick made them both look towards the window. George soon returned to his newspaper. But Beatrice continued to stare; past the velvet curtains that used to glow like rubies but now had the lustre of limp lettuce. The sight of the builders outside stirred a flutter of excitement inside her. She enjoyed watching and listening to the workmen's cheerful banter, although she didn't always understand the jokes.

Hearing George's disapproving "tut" Beatrice moved away from the window. She had hoped that with the house sold and the workmen arriving, he could be persuaded to move on. After all, the building work made things very difficult for them. But George, stubborn as ever, was determined to stay until the job was completed and the last speck of dust had settled. Beatrice sighed. They really should have gone straight after the war. The house was far too big for just the two of them. She pushed the ancient Ewbank over the threadbare rug.

"Do you have to do that now? It's noisy enough with that racket outside." George glared at her over the top of his reading spectacles. Having performed this daily ritual for countless years, Beatrice no longer noticed the squeaks of protest from the old carpet sweeper.

"Sorry dear." Instead she swished the feather duster at the elusive dust clouds and cobwebs without enthusiasm. The sound of young men's laughter drew Beatrice back to the window. It seemed a lifetime ago since she'd enjoyed such jollity. She looked for one face in particular; one with a cheeky grin, hair like an untidy rook's nest, and eyes filled with a lifetime of dreams. But she couldn't spot the face that was the image of her youngest son. Disappointed, Beatrice turned away from the world outside, picked up the tea tray and shuffled towards the scullery. Deep in her memories of the brave, smiling sons she'd proudly waved off to France, never to see again, she didn't notice the young man by the back door until it was too late. The tray slid from her cold fingers and Beatrice disappeared back into the parlour. George was on his feet with an angry flush to his pale face. She'd been seen. They would have to go.

Out in the scullery Tommy, the site's newest and youngest recruit shivered in the draught that had appeared from nowhere. Running a hand through his tangled hair, he blinked. He thought he'd seen an old woman. Half forgotten stories of weird noises and faces at the windows of the empty house raced through Tommy's mind. With a shrug he turned on the dirty brass tap and filled the kettle, ignoring his unease and the faint, aromatic smell in the air. Tommy needed to concentrate on the task in hand. He couldn't afford to stuff up another holiday job with his daydreaming. About to start his last year at catering college, Tommy was saving up to buy his own set of chef's knives. Cooking was the only thing he was interested in; the only thing he was any good at. He dreamt of one day opening up his own restaurant.

Waiting for the kettle to boil, Tommy noticed the funny smell was stronger over by the closed door leading to the parlour. Cautiously he pulled the door open. There was a grating sound that made the hairs on the back of his neck bristle. Broken pieces of china rolled against the tarnished tray trapped beneath the door. Tommy gingerly stepped over the shards and peered into the small room. Despite the dust motes roving restlessly in the air, the room was bright and here the smell was overwhelming. It was Earl Grey tea that his Gran brought out on special occasions. Reassured by the familiar he ventured further. An old-fashioned feather duster lay on one of the shabby chairs, and a copy of this week's local *Observer* lay open on the table, together with a pair of half-moon spectacles. It was as homely as his grandparents' place, not at all spooky.

The shout for drinks from outside made Tommy jump. He hurried away from the parlour and made the tea but still he lingered at the stained butler's sink with the dripping tap. The well-worn floor tiles showed traces of the red polish someone had once used on them. The house had been loved and was going to be turned into a great restaurant; the sort of place Tommy aspired to. How wicked would it be if he got a chef's job here once he qualified? Tommy grinned happily as he wandered outside empty-handed, his head full of new dreams.

The tea sat gently steaming on the wooden draining board, and in the parlour the dust floated down and finally settled on the table with a quiet sigh.



Yvonne Ayres



Illustration by Chris Valder

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APRIL - FOOL OR FISH?



According to British folklore 1st April, or *All Fools' Day* is linked to Gotham in Nottinghamshire. In the 13th century, any road the King placed his foot on became public property, so when King John planned to travel through Gotham, its citizens refused him entry. Soldiers sent by the irate King found Gotham fools trying to drown fish resulting in the town being declared too foolish to warrant punishment. One traditional April Fool prank is to attach a paper fish to some unsuspecting person's back; in France the victims are called *Poisson d'Avril* or April Fish. Pranks are becoming more elaborate each year, especially those appearing in the media. In 1934 American newspapers printed a photo of a man flying through the air supported by a miraculous new invention – a device powered by breath from his lungs. The BBC showed Swiss farmers picking freshly-grown spaghetti on *Panorama* in 1957; so many people contacted the BBC requesting spaghetti plants that the following day they had to own up to the hoax. Similarly, in early 1960s Sweden, where there was only one TV channel (in black and white) it was announced that viewers could convert their sets to colour by pulling a nylon stocking over the screen. A Tesco advert in *The Sun* in 2002 advertised a genetically modified carrot that had tapered air holes causing the vegetable to 'whistle' when fully cooked. Finally, in 2016 an online football news channel reported that FC Barcelona winger Lionel Messi had agreed a 500 million euro deal to sign a five-year contract with Real Madrid. The clue that it was a 1st April prank was in the reporter's name, Lirpa Loof ('April' and 'Fool' each spelt backwards).

'Don't believe everything you read or hear in the news' is sound advice, particularly on 1st April. Be wary of any unusual happenings reported in the media on that day and you might avoid being an April Fool or Fish.

Yvonne Ayres

494 SQUADRON - SHOOTING



The cadets often head up to the shooting range to sharpen their marksmanship skills. We shoot both the air rifle and the L98 A2 from a distance of 25m. The L98 is a powerful gas operated weapon capable of providing accurate shots over 300m and supporting fire over 600m. Before shooting, cadets have to prove they can competently handle a rifle by completing a weapons handling test. This involves following orders such as: 'load', 'for inspection port arms' and 'make ready', disassembling and reassembling the rifle and cleaning the rifle. Once passed, cadets are authorised to shoot. This year the cadets have been practising groupings, which involves firing 10 shots at the target with the closest possible spread. Cadets have to practice the marksmanship principles to have the best possible chance of hitting the target. This involves carefully selecting their firing position so that the weapon points at the target without physical effort, controlling their breathing and firing in a smooth manner. If the principles are followed correctly, cadets can shoot incredibly accurately.



Would you like to be involved too? 494 Squadron meet on Monday and Thursday evenings and we currently have some vacancies for both girls and boys aged from 12 (and in year 8) to age 17. Contact us through our Facebook page – search 494 Squadron Stansted - and let us know you're interested!

Rachel Alexander

Email: Rachel.alexander@btinternet.com



PEDAL FOR THE J'S HOSPICE

Chelmsford's popular annual cycle ride, Pedal for The J's, will be returning to Admirals Park for the ninth year on **Sunday 15th April**. Cyclists have a choice of three rides - 15, 35 and 50 miles through the beautiful Essex countryside. If you are a novice rider, the 15 mile route may be ideal for you. 35 miles is a slightly bigger challenge and 50 miles is perfect for the more experienced cyclist - so there really is a route for everyone! There will also be cycling activities for children in Admirals Park. Over 950 cyclists took part last year, raising over £42,000 for The J's Hospice charity which supports young adults with life-limiting conditions and their families across Essex. Organisers at The J's hope to raise even more this year and they are very grateful to Beaulieu

in Chelmsford for sponsoring this event. You can sign up now at www.havenshospices.org.uk/pedal.

Heather Baldwin
Communications Manager
Tel: 01245 407361 ext 361



RACE NIGHT!

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Enjoy a great night with all the thrills and spills of the races at the Grove Cottage Race Night on **Friday 20th April** 7.30pm. With eight races and eight horses per race there will be no shortage of excitement, so come along to The Charis Centre, Water Lane, Bishop's Stortford CM23 2JZ and bring your family and friends. Tickets £3.50 in advance from www.eventbrite.co.uk or £5 on the door.

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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

AN UPDATE ON OUR BUILDING PROJECT

Following payment of the settlement to the third party's solicitors in November, we were hoping work would have re-started by the time the Link went out this month. However, it has taken quite some time for our contractors to go through the detailed specification to identify areas where we could save money on the project as costs have increased during the delay period. We had a meeting recently to go through these and are now awaiting the revised final contract cost. We also had to consider whether any of the cost-saving suggestions would actually incur an additional cost in terms of revised drawings and additional time required by our architects and Quantity Surveyor (fortunately this is not the case).

However, the other main reason that they are not yet back on site is that the temperatures have been too low. Regardless of what other developers may do during the winter, our contractors work under the "National Building Specification" which means that concrete should not be laid, and walls not built, when the temperature is consistently below 4C. The next stage of our project is to lay the concrete slab and build the block-work walls. They will not return to work until the temperature gets above this level as, if they did, any guarantees they give on the work would be void. You can imagine what would happen if we had gone back to work and then cracks appeared in the building The conclusion on Friday was that they should be back by Easter.

Last, and by no means least, the third party has only recently signed the legal agreement to release his rights over our land - solicitors confirmed this last in February. We were concerned about re-starting prior to signature of the document in case any last minute hitches were encountered which meant the document could not be signed - belt and braces approach.

ALLOTMENTS

The plan below shows the allotment site at Elms Farm. Traditionally an allotment plot measures 10 poles, roughly equivalent to 250 square metres (about the size of a tennis court), which is apparently enough land to feed a family of four for a year. There are 31 full 10 pole plots on the site and 3 half plots marked on the plan.

Taking on a full 10 pole plot probably involves more time and effort than most people want to put in so we

anticipate that most people will be happy with a half plot so we will be sub dividing most of the plots into 12.5m x 10m allotments.



At the moment we have a waiting list of about 25 people all of whom should be offered an allotment but, we will still have unallocated plots, so if you would like to take up "allotmenting", please contact the Parish Council (see contact details on page 23).

This photograph below will give you a feel of the lovely rural setting the allotments have. It should be a great place to relax, burn off a few calories productively and produce some healthy food for your family and friends.

The details of the tenancy agreements are still being finalised and this includes the rents we will charge, but rest assured it will be great value for money.



WORLD WAR I CENTENARY EVENTS

We are starting to plan events to mark the centenary of the end of World War I. If you have a close relation who is named on our War Memorial we would like to hear from you and possibly involve you in our ceremony on Remembrance Sunday. We would also like to hear from anybody who has been a member of any of the armed services. If you would like to be involved in planning and delivery events please contact Trevor Lloyd in the Parish Council Office.

STANSTED IN BLOOM

We have made some changes to the way in which we are running SIB this year. We are purchasing four shields, one for each of the four categories in which you may enter the competition. The entry form with the categories listed is on page 24 of this issue of the Link. There will be one winner only for each of the four categories. The dates for the competition are as follows:

Judging: Saturday July 21st.

Presentation of prizes: Saturday September 8th.

The May Link will give more details of competition times, judges, venue for the presentation of prizes, and a possible theme for the competition. We hope that many residents will enter SIB this year, and enjoy working towards our "new style" competition.

VILLAGE LITTER PICK

The Spring Litter Pick is taking place on Saturday 28 April. We have identified a few areas that are not covered by Lucy or Levi, our Environmental Rangers, which look a bit grim and could do with a clear up. If you want to nominate a location that you feel needs our attention please let us know.

Volunteers are asked to meet outside the Day Centre at Crafton Green at 10.00 am. We provide litter grabbers and latex gloves, but it would be a good idea to bring your own gardening gloves if possible.

Churchill's are supporting the litter pick again this year so all volunteers will get a voucher which can be redeemed for a free meal from their Cambridge Road outlet.

MANY THANKS TO.....

our handyman Lee and our Environmental Ranger Lucy who responded so quickly and efficiently with gritting during the recent cold spell. Their quick actions meant that a safe walking route was maintained around the village, including the black bridge. We cannot grit every road and path, but key access points were treated quickly (see also photo on page 37).

The Stansted Community Speed Watch team is one of the top four of 88 CSW groups active across Essex. These four groups between them recorded 39% of the total of 17,270 offences.

FLY TIPPING

Please can residents contact 101 if they see anyone carrying out dumping of rubbish in and off our quiet country lanes - it does cost a lot of everyone's Council Tax monies to clear it away - in addition to which it causes environmental damage and poison wild life including water tracts.

NEWS FROM UTTLESFORD DISTRICT COUNCIL

Cllr Alan Dean writes

The long-awaited planning application from the airport to raise the limit on passenger numbers was received by UDC in February. They want a new cap of 43 million passengers a year. Present throughput is just over 25 million and is capped at 35 million. Airport management says it wants longer-term certainty before making large investments to improve the terminals. Questions have been raised about whether the application is premature, whether they are trying to avoid scrutiny by national government by pitching the increase below 10 million passengers and whether contributions towards national commitments for carbon emissions will be acceptable. Uttlesford has a reputation for being rigorous in its evaluation of airport planning applications, so I will be watching that the council doesn't readily roll over this time.

The next (and hopefully final) stage of public consultation on the Local Plan is aimed at June to August. Meanwhile, the government published a draft National Planning Policy Framework in March whose final version, expected in the summer, is likely to require in future years a further increase to the rate of new home building in the district.

The budget for 2018/19 was approved in February with little controversy from councillors, despite a council tax rise of 3%. This is required because central government has now cut its financial support to zero. After lobbying by Geoffrey Sell and me, money has been included for at least one extra Police Community Support Officer, who we hope will service villages in and around Stansted. I was pleased to see that PCSOs have recently been acting against drivers who park their cars inconsiderately on pavements.

It's good to see that there is now a pavement linking Cambridge Road with High Lane as part of the Walpole Meadows development. Too often new developments do not provide adequate pedestrian links to the existing pavement network. On the same theme, I am investigating whether the proposed public leisure

footpath network around Stansted Park, that will come with the development at Elms Farm, Church Road, can be designed to connect with existing rights of way in the vicinity.

A deep clean of Chapel Hill was attempted by district and parish councils in early March. Leaves and other filth that had collected where cars are persistently parked was partly removed. Sadly, some commuters and others ignored requests to park elsewhere and so the clean wasn't deep enough. I am pressing for this street cleaning, which will require motorists to park elsewhere for a day, to be carried out routinely. It is an Uttlesford priority

DATES OF PARISH COUNCIL MEETINGS

April

- 4 Full Council
- 11 Open Spaces
- 18 Windmill 7.00 pm F & GP
- 25 Full Council and Annual Council

May

- 11 Parish Reception

CONTACT DETAILS

Clerk - Ruth Clifford.

Assistant to the Parish Clerk-Trevor Lloyd

Administration Assistant-Emma Philbrick

Email: parishcouncil@stansted.net

Phone/fax: 01279 813214 10.00 am - 1.00 pm

www.stansted.net

PARISH COUNCIL MEMBERS

Maureen Caton (Chairman)	813914 m.caton@hotmail.co.uk
Catherine Dean	813579 catherinemarydean@btinternet.com
Samantha Dunn	810859 cllrsamanthadunn@stansted.net
John Hudson	814489 johnedhudson@gmail.com
Matthew Jessup	816591 matthew@in2it.biz
Peter Jones	813252 peter@lowerstreet.com
Jo Kavanagh	815157 jo.kavanagh.248@gmail.com
John O'Brien	816772 johnedobrien@gmail.com
Rachel Rands	817413 rachelrands@btinternet.com
Frances Richards (Vice Chairman)	812748 frannie.richards@gmail.com
John Salmon	814789 dandjsalmon@gmail.com
Geoffrey Sell	815925 sellgeoffrey@yahoo.co.uk

Valerie Trundle	813433 Prtvrt@btinternet.com
Daphne Wallace-Jarvis	812259 dwjjwj.444@gmail.com

As we go to press there is one vacancy on the Parish Council

UTTLESFORD DISTRICT COUNCIL MEMBERS

Alan Dean	813579 cllrdean@uttlesford.gov.uk
Terry Farthing	661555 cllrfarthing@uttlesford.gov.uk
Thom Goddard	01371 879122 cllrgoddard@uttlesford.gov.uk
Geoffrey Sell	815925 cllrsell@uttlesford.gov.uk

ESSEX COUNTY COUNCIL MEMBER

Ray Gooding	813103 cllr.ray.gooding@essex.gov.uk
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MEMBER OF PARLIAMENT

Kemi Badenoch MP contact details:

House of Commons, London SW1A 0AA

Telephone 0207 219 1943 (House of Commons) or 01799 506349 (Constituency Office).

Email kemi.badenoch.mp@parliament.uk

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GARDEN WASTE SKIPS

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12.30 pm - 4.30 pm

Lower Street Car Park

STANSTED IN BLOOM 2018 COMPETITION

Entry Form to be completed and returned by Friday 2nd June to:

Stansted Mountfitchet Parish Council
Council Offices, Crafton Green House
72 Chapel Hill, Stansted CM24 8AQ

Email: parishcouncil@stansted.net

Name of resident/business/organisation

Address _____

Contact Tel. no. _____

Email _____

Location to be viewed (please be specific re location, e.g. front garden, tubs at side of house etc).

- garden area

- tubs

- hanging baskets

- communal area

- community garden



STANSTED IN THE SNOW

The recent heavy snow in Stansted provided an excellent opportunity for unusual photographs. The five shown below are some of the collection submitted by photographer **James Erswell** and **Elizabeth Oakley**



A farmer's field near Stansted Hall



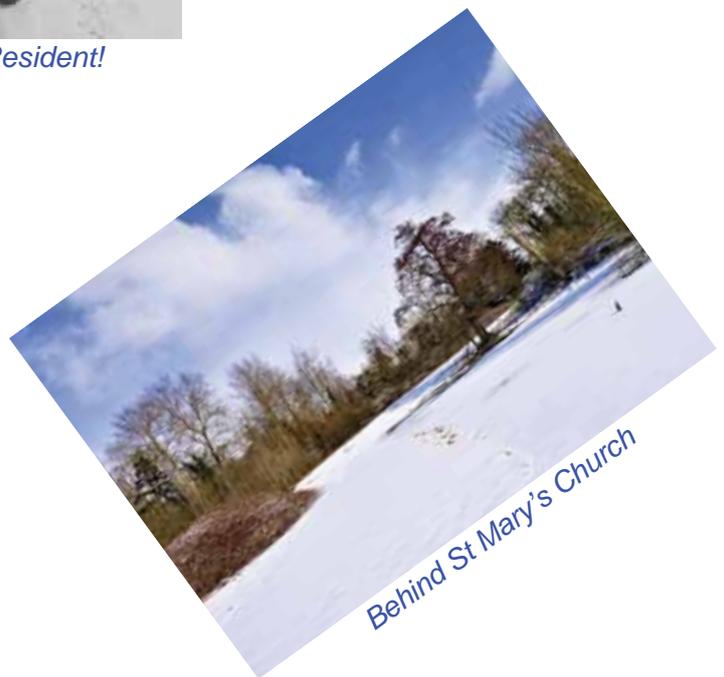
Geese in the lake near Stansted Hall



A Stansted Resident!



Rabbit in a field near St Mary's Church



Behind St Mary's Church



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Our next monthly meeting on **Tuesday 10th April** will be a talk entitled *Birds of Southern Portugal and Aveiro* by Jonathan Forgham, at Bishop's Park Community Centre, Lancaster Way, Bishop's Stortford (next to Tesco), 7.30pm start. Jonathan has visited areas of Portugal for over 20 years; from The Algarve in the south, Peniche in the west and Aveiro in the north. With a bird list of over 200 for the country he brings a fair amount of knowledge to the meeting, pointing out great birding areas that are less than three hours away and cost less than £100 return to visit. Entry is £3.00 for Stort Valley Members, £5.00 for visitors.



Our next walk on **Sunday 22nd April** is at Essex Wildlife Trust reserve at Fingringhoe Wick. **Location:** Meet at Fingringhoe EWT Car Park at 10.00am. Postcode: CO5 7DN. This is one of those places worth going to at any time of year, but Spring is probably the best. Look out for cuckoo and nightingale! There are some new trails and hides since our last visit as a group. It is testimony to the site that a lot of us go back regularly every year. This is EWT's first nature reserve and visitor centre, set in a spectacular position overlooking the Colne Estuary; even on the dullest of days the views are fantastic. It offers the visitor real peace and quiet and a chance to escape from it all. A wide range of habitats are on view here, including; grassland, heathland, lakes, ponds and the recent reserve expansion and creation of a nationally important intertidal area. For more information contact Lee Jaques on 07454 801894.

Sheila Bowles
Tel: 814973

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 3rd April** at 8.00pm in the Dog and Duck in Lower Street, where we will be discussing *The Wonder* by Emma Donoghue, the best-selling author of *Room*. *The Wonder* is set in 1950s Ireland and based on the true stories of fasting girls; it is an examination of what nourishes us body and soul. Please do join us and don't worry if you haven't read the book as we find plenty of other things to talk about!



Anne Watson
Tel: 898693
Email: stanstediswellread@gmail.com

The Brown Hare

I have great memories of these lovely animals; during my teenage years I was given a couple of outhouses in the garden by my parents to rehabilitate rescued wild animals. One of my regular visitors were Leverets (baby hares) orphaned by local farming practices.



A few facts about hares

The association of hares and the moon can be found in numerous cultures the world over. We refer to the *Man in the Moon*, whereas the *Hare in the Moon* is a more familiar folklore in other societies. They are reported in most cultures: Celtic, Egyptian, Aztec and Roman. Julius Caesar recorded that hares were taboo foods to the Celtic tribes; he said that to the Celts eating a hare was like eating one's own grandmother. In history they are referred to in aspects of lunar folklore, fairy tales, fantasy, mythic arts and mythic living. Hares are mammals from the distinctive group called leporids (*Lepus*); they are similar in form and diet to rabbits.



There are two species of hare in the UK: the European (brown) hare and the mountain hare. In the UK the hare population is declining, and because of this it is classified as a Priority Species in the UK Bio-

diversity Action Plan. Unlike rabbits, hares stay above ground and use simple nests. Hares are primarily nocturnal and spend a third of their time foraging on fields. Young hares are adapted to the lack of physical protection by being born fully furred and with eyes open. Hares can reach speeds of up to 45mph, and during the spring mating season, female hares can be seen 'boxing' with undesirable male hares. This is known as March Madness. Hare 'coursing' is the chasing and killing of hares with dogs for sport. It was once a popular pastime in the UK but has now been banned. However, hare coursing continues in other countries, such as the Republic of Ireland and Spain, as well as the USA and Russia.



Steve Leaney
Tel: 647177

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Memory of the *Beast from the East* is fading now, as we have returned to spring gardening jobs (planting new trees and shrubs) and keeping our fingers crossed for seasonal weather through the rest of the year. Sunday 22nd April is the first full season open day at the Gardens and we are thrilled that we will be joined by children from St Mary's School, Great Dunmow. The Countess of Warwick established and funded a secondary school for girls and boys at Bigods Hall in Great Dunmow to help them improve their lot. It was revolutionary for being co-educational and with a practical curriculum: horticulture for the girls and agriculture for the boys. St Mary's Year 6 students have been doing project work based on the history of the Gardens. They will be leading their own guided tours of the Gardens and singing Edwardian songs. As usual the Gardens will be open from 11.30am to 5.00pm, last entry 4.00pm, and we will have the usual excellent fayre (including bacon rolls and home-made cakes).



We are hoping our daffodils may still be with us; we have a huge range in the lime walk by the Italian garden and also a swathe in the Glade leading down to the renewed platform looking out over the fishing lake at the bottom. The fruit trees in the walled garden may also be in blossom. Our Facebook page and website provide our latest news and dates of open days; why not follow us? Or you can contact us about volunteering or visiting the gardens on 01371 876979 or email: enquiries@eastonlodge.co.uk.

Jill Goldsmith

Treasurer  and Publicity
Tel: 07947 183439

www.birchangerwoodtrust.org

Well, lots of snow then! Despite this, our bulbs in Birchanger Wood are coming through nicely and will be well out in April. Following the snow-melt in March, most public footpaths across fields were very muddy and slippery indeed. Even the woodland paths in Aubrey Buxton

Nature Reserve (Stansted) had problems. Thankfully our paths in Birchanger Wood remained clear. Has anyone any photographs of the Wood please that I may add to my monthly articles? Finally, on the subject of wood, please enjoy the following poem composed in 1922 by Lady Congreve - it captures the properties of firewood.

The Firewood Poem

Beechwood fires are bright and clear
If the logs are kept a year,
Chestnut's only good they say,
If for logs 'tis laid away.
Make a fire of elder tree,
Death within your house will be;
But ash new or ash old,
Is fit for a queen with crown of gold.

Birch and fir logs burn too fast
Blaze up bright and do not last,
it is by the Irish said
Hawthorn bakes the sweetest bread.
Elm wood burns like churchyard mould,
E'en the very flames are cold
But ash green or ash brown
Is fit for a queen with golden crown.

Poplar gives a bitter smoke,
Fills your eyes and makes you choke,
Apple wood will scent your room
Pear wood smells like flowers in bloom
Oaken logs, if dry and old
keep away the winter's cold
But ash wet or ash dry
a king shall warm his slippers by.



Daphne Wallace-Jarvis

Email: secretary@birchangerwoodtrust.org



HI-DE-HI

www.waterlanetheatrecompany

Water Lane Theatre Company presents Hi-de-Hi

Join the fun at Maplin's Holiday Camp in Crimpton-on-Sea on 19th and 20th April at 7.30pm and 21st April at 3.00pm and 7.30pm in the Rhodes Theatre, Bishop's Stortford. Maplin's is owned by entrepreneur Joe Maplin and run by the ex-Cambridge professor Jeffery Fairbrother, the entertainments manager, who struggles to control a motley selection of out-of-work actors and entertainers. Come and enjoy the amorous intentions of chief yellowcoat Gladys Pugh, who sets the rumour mill running when she is overheard helping an inebriated Jeffrey into his chalet late one evening. See the antics of Peggy Ollerenshaw, the chalet maid, with her desperation to become a yellowcoat, and watch camp host and comic Ted Bovis try to set up money-making schemes when his ex-wife turns up demanding money which he does not have. With the prize for the *Miss Yellowcoat* competition being a job in the Bahamas, it is altogether a recipe for mayhem. Tickets: adults £14, concessions £12, Saturday Matinee £10 from Rhodes Theatre tel: 710200 www.rhodesartscomplex.co.uk or through our website. We are raising money for The Heart Foundation during the production. **Ho-de-Ho!**

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Production Manager

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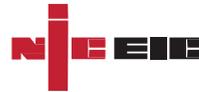


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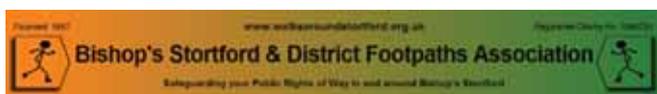
Ben Wallace, a member of Grove Cottage (the home of Mencap in Bishop's Stortford) has just been offered his first ever paid job, after gaining work experience as a volunteer at our Café. The Grove Cottage Café, which runs from the *Thirst Youth Café* on South Street, is run by the charity on Wednesdays and Thursdays (during term-time), between 10.00am and 2.00pm, providing opportunities for people with learning disabilities to volunteer and gain much valued work experience. Life Skills sessions are also run from the café and provide courses for members on topics such as food hygiene and employability skills. For those who don't wish to volunteer, it also serves as a wonderful place to socialise and make new friends.



The team at Grove Cottage Café found out about the job opportunity and put Ben forward for the position. They helped to signpost him for further help by creating a CV and one member of staff, Krissy Pentecost, even went with him on the morning of his interview. Ben, who is 24 and has autism, said: "I am so happy to be offered this job. I love coming to the Café and think that coming here has helped me to learn lots of new skills. I will use these skills in my new job." Freya Boitter, Café Manager and Club Leader at Grove Cottage, said: "Ben started volunteering at the Cafe in September 2016 and hasn't looked back since. Over time his involvement with the Café and attendance at our Life Skills Sessions has vastly improved his confidence and has made him the independent man he is today."

Alison Cameron

Email: fundraising@mencapgrovecottage.org



www.walksaroundstortford.org.uk

Sunday Walks: All leaving at 10.00am 5-6 miles

Please note change of venue for 8th April

8th April Herts & Essex Hospital car park, Cavell Drive, BS
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22nd April Albury Parish Hall, The Bourne, Grid Ref:
TL441248 P/Code: SG11 2JD, Tel: 07914 949547

20th May Thremhall Park, Bury Lodge Lane, Start Hill, Grid
Ref: TL531215 P/Code: CM22 7WE, Tel: 07977 371435

With reference to Twitchells in Bishop's Stortford (thank you to those of you who have responded), I need lots more help-

ful comments. We need evidence to prove that these pathways have been used regularly for over 20 years. Personally, I have used the Riva path (twitchell) for well over this time span. Have you, or do you know of people who have?

Footpath news

Footpath 12 in Stansted will be closed for a month from Monday 26th March; this is the path linking Pennington Lane with Cambridge Road and runs along the Walpole farm development. Also in Stansted by the Elms Farm development, please note that Footpath 23 has been partially blocked by a fallen tree (at the time of writing). Meanwhile the developer at Elms Farm has widened the brook and cleared its banks. Once all the earth moving has been completed on the farm site and the landscape returns to its natural state, then this whole area should look very attractive. However, with respect to the footpaths within this green space, there is a huge need to pursue a proper surface *hogging* to ensure a solid base on which all residents can walk and use this new parkland facility. Further afield, we are trying with Stortford to work in providing a *proper footpath* link from the Stortford North development into Stansted.



Daphne Wallace-Jarvis
Publicity Officer
Email: dwjwj.444@gmail.com

Stansted Tennis Club



www.stanstedtennisclub.co.uk

Annual General Meeting

The AGM was held on Thursday 22nd February with 15 members in attendance. Debbie Lane stood down from the Committee, and was thanked for all her hard work and enthusiasm whilst serving on the Committee. Fiona Kelly was elected as a General Member.

Ladies' Night

The next Ladies' Night will be from 7.00pm on Monday 9th April. All lady members are welcome to come and play.

Ladies' Doubles Social Tournament

The first tournament of the new season will take place at 9.00am on Friday 13th April.

Men's Social Doubles Tournament

This will take place at 1.00pm on Sunday 29th April.

The sign-up sheets for both of the above tournaments can be found on the Clubhouse noticeboard.

Stansted Tennis Club Wimbledon Ballot

The draw for tickets will take place on Wednesday 25th April at 7.00pm. Interested members, who have 'opted in' to the Wimbledon Ballot should add their names to the lists in the Clubhouse.

Coaching

Please contact me if you are interested in tennis coaching at Stansted Tennis Club email: chris.hollis2@btinternet.com.

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Contacts

Jon Budd (Secretary) 647020, Chris Hollis (Chairman) 319155

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INNER WHEEL CLUB OF BISHOP'S STORTFORD

During February, members of the Club were busy enjoying themselves. A quiz evening was held at the Day Centre which 54 members and friends attended. The quiz was great fun; supper from Churchills was delicious and there was a raffle. Profits from the evening along with money raised at other events will go to President Jenny's chosen charities for the year.

At our monthly meeting Rev'd Mandy Brown from Holy Trinity Church, Bishop's Stortford told us all about the Night Shelter which operates there from November to March. It is three years since the project started as a result of Mandy and Cllr Norma Symonds' vision for their redundant church hall. Thanks to numerous people who gave their time and skills to renovate the hall, mostly free of charge, and now with approximately 100 volunteers, the shelter is going from strength to strength. It opens from 8.00pm to 7.30am and between 11.00am and 2.00pm. Those needing help receive a camp-bed, quilt, pillow, shower, clothes washing facilities, food, warmth, friendship and advice. The main reasons for homelessness are abuse of substances, family breakdown, money, and illness. Worryingly there is an increase in women being homeless. Fundraising in the community is vital along with donations of bedding, clothes and food. We pray that this incredible work will continue for those who sadly find themselves needing it.

On Sunday 14th April we will be holding a Shakespearean Evening for members, then on **Tuesday 24th April** we will welcome Cheryl Pinner to our meeting to talk about her work connected to the police. The Club meets at Stansted Day Centre on the fourth Tuesday of every month at 7.30pm except August and December. Please ring me or Barbara Morrison 814152 for more information. A warm welcome awaits you.

June Milne
Club Correspondent
Tel: 01371 875370



HUW JOHNSON CLUB

The Huw Johnson Club, a social group for adults with learning disabilities which runs on a Thursday evening, restarted for 2018 at the end of February with a games evening, playing everything from boules and Jenga to dominoes and Connect4. The following week, the 'Beast from the East' meant we had to cancel our planned curling competition due to the snow (ironically enough!) so we've had quite an irregular start to the term!

Over the next few weeks we have a number of exciting activities to look forward to, including a pub trip to celebrate the birthdays of Joanne and Andrew, a performance by a local ukulele band and a fish-and-chips night. If you would like to come along as a volunteer or as a member, please contact me. Our Annual General Meeting is on Wednesday 25th April at 8.00pm in the Free Church Hall; it would be great to see you there and to have your support. Contact me for further information.



Katharine Collis
Tel: 07759 157620
Email: kat_collis@hotmail.com



STANSTED MOUNTFITCHET U3A

www.u3asites.org.uk/stansted

More than 20 members visited the English Spirit Distillery in Great Yeldham on 21st February, following a related talk in January. The complex system of distilling from scratch, to create the many varied spirits was most interesting. We all enjoyed tasting and then purchasing! Thank you, Ray Smith, for organising this event.



The speaker in February was Keith Sargeant, who told us about his amazing 28-year career as a fire officer and the many changes that have taken place in that time to safeguard buildings, homes and firefighters.

The bus pass group will be visiting Cressing Temple Barns on Wednesday 11th April. See our website for details. At the next meeting on Thursday 19th April at 1.30pm in St John's Hall, the speaker is Charlie Haycock, talking about *The History of Surnames*. We look forward to another amusing and informative talk.

At the AGM on 17th May, several members of the Committee will step down, having served three years or more. Nomination forms are already in circulation. Please consider nominating someone you think would be able to fill one of these posts. The vacancies are: Chairman/Vice Chair/Secretary/ Publicity Officer/Technical help. Without a full complement of Committee members, the U3A cannot function. Our Newsletter, which has been quite popular, will be printed for the last time at the end of May, unless someone takes on the Publicity role to provide news for the Newsletter and also for *The Link*. The role could be shared by two people. We welcome news and photos for the website which is a work in progress. Group Leaders, please look at your Group's page on the new site and send any changes or additions to stanstedu3awebmaster@gmail.com.

Contact details: Stansted Mountfitchet U3A c/o Stansted Free Church, Chapel Hill, Stansted CM24 8AG. Tel: Helen (Chair) 812945 Liz (Secretary) 813270. Email: stanstedu3a@gmail.com



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ST CLARE HOSPICE 10K

www.stclarehospice.org.uk/event/st-clare-10k-2018

Sunday 8th April 10.30am starting at the Hospice

Entry fees: register in advance by Monday 2nd April £12 or enter on the day from 9.30am £15 (£10 and £13 for affiliated runners). The event is open to people aged 15 and above. For more information, or to register, visit our website or call the Challenge and Events Team on 773754.

We welcomed Peter Vince, a volunteer speaker from The Woodland Trust, to our February meeting. He brought with him some lovely pictures and loads of enthusiasm; both welcome on a dark, cold wintry evening. Peter has done more than 80 of these talks and is a great ambassador for this conservation charity. An Ancient Woodland is defined as one which has been untouched and in existence since before 1600; it has a complex ecosystem which is home to more wildlife threatened species. Ancient woodlands consist of native tree species, which include birch, beech, oak and ash. Sadly, only two percent of the UK's landscape now consists of ancient woodland; many have been destroyed within the last 60 years by Dutch elm disease, buying up land to plant conifers (which was a tax incentive), big storms, climate change and land re-development for airports etc. The loss in these recent years is greater than over the last 400 years! Quite a sobering thought. Thankfully the Woodland Trust is now buying land back to encourage native species to return. They aim to double native tree cover and prevent loss. Peter suggested that we can help in a small way by washing our boots before and after walking in our local woods to prevent the spreading of pathogens.

On a lighter note, some members of our Craft Group have been busy knitting and I have been able to stitch together a single-sized blanket for **Christian Hope International**, which is supported by Henham and Elsenham churches. We have given them many smaller blankets and I was asked if we could do a larger one. I am well on the way to finishing a second! Thanks to all those knitters. We meet on the second and last Friday afternoons of the month for a Craft and Natter session in the Day Centre at 2.30pm; in April this will be 13th and 27th. All are welcome.



Due to unforeseen circumstances our March Afternoon Tea has been re-arranged for Wednesday 11th April from 2.30pm-4.30pm. Entry £5, at the Day Centre. There will be a cake stall and a raffle. All are welcome, please join us. Proceeds for the Day Centre. Our April meeting is Members' Day, organised by non-Committee members, and the speaker is not advertised but you can come along and discover who it is on Thursday 12th April 7.30pm in the Day Centre. Homemade cakes, tea and coffee a certainty!



Judy Colliver
Tel: 812470

Rebecca Hedges
Communications Manager
Tel: 773752

Email: Rebecca.Hedges@stclarehospice.org.uk

WRITER'S LAMENT

I really like writing – I really do
Stories, poems and articles too
One commitment free day, I intend
To spend with computer, my writing friend.

But the sun is shining so out I go
For a walk to help the ideas flow
Back home and it's worked a treat
Computer's calling as I take boots from my feet
But before I start I need the loo
And the washing needs hanging out too
Meanwhile my brain's working overtime
On plots and characters so sublime.
But I must put on the kettle first
Already I've worked up quite a thirst
PC's booting up as I sip coffee
Skim the paper, see what's on telly.
As I sit poised to write, phone rings
A friend wants to chat about life – and things
An hour later we say our goodbyes
It's lunchtime. My how time flies!

Lunch over I must get on
Check my emails, won't take long
Now that's done I'm free at last
To write until evening repast.
It's getting dark and I've barely begun
Screen is blank, nothing is done
All inspiration's gone, as the day has too
I really love writing – honest I do
So why do I find it so hard
To knuckle down to my inner bard?
Did Will procrastinate just like me
Before penning the odd play or three?

Perhaps it's just an 'ageing' trait
Unable to focus and concentrate
I vow to try harder when next I'm free
To use my time more productively.



Loki



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STANSTED DAY CENTRE

Before I share this month's news with you; on behalf of all her friends at The Stansted Day Centre, I would like to say a fond farewell to Brenda Orridge who passed peacefully at home on 4th March. She was a lovely gentle gracious lady who will be sadly missed but never forgotten.

Our Volunteer *Meet and Greet* afternoon was very well attended. A beautiful bunch of pink and yellow tulips welcomed us to what was a very relaxing afternoon sampling delicious home-made cakes. Geoffrey Sell kindly donated money to the Centre from his New Homes bonus enabling us to purchase new table cloths; shades of cream with tiny grey hearts now embellish the tables giving the dining room a new lease of life. On 6th February, we had an Environmental Health visit and I am pleased to announce that we retained our five-star rating. The Lunchtime sessions are offering a lovely selection of meals during the week; for example: chicken casserole, roast beef, and fish pie, with jacket potato, roast potatoes or buttered mash, all served with a selection of fresh vegetables and followed by cherry pie, fruit ice cream sundae or chocolate sponge.

On Thursdays our numbers have recently been boosted by the regular attendance of *The Singing Group* who socialise at the Centre, dining together on a large horseshoe shaped table arrangement. The Health walkers, WI ladies and the Bridge Club are established diners who also enjoy the lunchtime sessions. The Day Centre is always warm and inviting and available for hire to local clubs for £7.00 per hour and for a private function £15.00 per hour with use of the ovens at a one off charge of £10.00.

'When you feel a chill in the air, know that within you there is always a golden light radiating warmth and unconditional love'

Angela Hall
Tel: 815091

Email: stansteddaycentre@gmail.com

THANK YOU

During the recent heavy snow, I took this photograph of Environmental Ranger, Lucy, clearing the snow from the front of Norman Court.



All the residents, staff and carers were very grateful and say a big 'thank you' to Lucy.

Audrey Rodgers
Tel: 812162



We had our first fund raising event for Support 4 Sight, our nominated charity of the year, who help and support local blind and partially sighted people.



The quiz night at the Dog and Duck in Stansted on 3rd March was well attended and great fun for all. Our thanks go to Griff Evans and his staff for hosting the event and for raising over £300 for the charity.



The wine and cheese evening is back at the Cork House on 12th April at 7.30pm, and this time it is also in aid of Support 4 Sight, who will receive 50% of the funds raised. Tickets cost £25 per person and you will enjoy a selection of wonderful cheeses paired with fine wines, and the host will talk you through each one! Call Charlotte on 817474 to book and for more information and

don't miss your chance to be there.

Martin Budzinsky has been busy organising the *maps* event (in conjunction with the Parish Council), where the logos from members of our Business Forum will appear on the maps of Stansted. These maps are displayed in a number of places throughout Stansted and show visitors the location of our local businesses. Martin will also be organising our business directory which gives over 3000 people the opportunity to contact our local businesses for any household or business needs. Our next business breakfast will be on **Friday 6th April** 7.00am for 7.30am at Linden House. Our speaker will be Howard Rolfe who is the leader of Uttlesford District Council. Do come along to hear all the latest updates in the district. Book your place by calling Peter James on 813318 or email: Peter.James@murdochsestateagents.co.uk.



Iris Evans
Treasurer

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FOREST HALL SCHOOL MAY FAYRE

Forest Hall School PTA invite you to join them for an afternoon of fun and frolics on the School sports fields (or in the school hall if wet) on **Saturday 12th May** noon-4.00pm. There will be lots of fun: traditional stalls such as hoopla, tombolas, coconut shy, and stocks, as well as some challenging inflatables, rodeo bull, a fantastic raffle and lots more. Refreshments include a bar, hot dog stall, teas and delicious homemade cakes. There will be something for everyone including games and stalls for younger members of the family: hook a duck, sweet tombola, lucky dip to name just a few. During the afternoon there will be various tug of war competitions, welly throwing and *beat the goalie*. The school band and the choir will also be performing. All profits will go towards school projects; currently we are fundraising for new equipment for the Design and Technology Department, aiming to raise £7,000 to buy a Laser Cutter and CNC Router for students wishing to take Engineering GCSE. Entry is £1, under 18s free. There will be a lucky programme draw, with a bottle of champagne as the prize. Everyone is welcome. Parking will be at the School and the Romeera Leisure Centre. If you would like a stall at the Fayre or would like to advertise in our programme please contact Tanya Ingram email: tanyaingram@outlook.com.

Selina Rankin
Secretary
Forest Hall School PTA
Tel: 813388

ANAL GLANDS

It occurred to me the other day that I spend a disproportionate amount of time talking about animals' anal glands. Owners, and often groomers too, can become quite obsessed with them and I'm often called upon to 'give those glands a good squeeze'. For the uninitiated, anal glands are two tiny sacs that are situated either side of the anus under the skin and fill up with a foul, strangely fishy smelling liquid, which is thought to be something to do with scent marking. However, animals have a tendency to squirt them out at the most inopportune times or do the classic bottom shuffle trying to empty them and relieve any irritation.

Occasionally the glands can get a bit blocked and then they can form abscesses which are painful, although this is rare. Personally, I think anal glands get a bad press and are blamed for things that are really not their fault. There are other reasons that dogs and cats rub their bottoms, for example, allergies and tapeworms. As we come into warmer weather and trees and plants start to produce pollens, animals, just like people, start to show symptoms of allergies, but differently from our sneezing and runny eyes, animals usually develop itchy skin and the classic signs of rubbing the bottom or licking their feet. So when your cat or dog rubs or licks its bottom, its anal glands may in fact be innocent. Strangely, emptying anal glands is not something you are particularly taught to do at Vet School; it's something a kind older vet teaches you when you see practice, or in my case an older vet who said, "You do it like this, come closer, no look closer ... oh sorry, did I get you?"



Ilse Pedler
Mercer and Hughes Veterinary Surgeons



**THE HUNDRED
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Hedgerows are a significant feature of our agricultural landscape and were planted in the past as boundaries. Thorny blackthorn and hawthorn made a stock-proof barrier, with hazel, holly and spindle colonising later. Ash, elm, field maple, hornbeam and oak trees were integrated into such hedges and these nurtured specimens were managed as pollards, being cut off at head height on a regular cycle. In 1778 it was recorded that 85 percent of the hedgerow trees in Barwick in the parish of Standon were pollards, so these would have stuck up at regular intervals above the hedges. Some of the cut material was used as leafy hay for winter feed for livestock. Once the nutritious leafy branches of ash or elm had been eaten, the twiggy leftovers became excellent dry kindling. Larger poles were used for fencing, building repairs, handles or fuel. Timber trees in hedges were usually felled after about 50 years' growth. Oaks provided structural material; elms became floorboards, coffins and especially weatherboarding (where it can be identified by its distinctive wavy grain). Historic surveys of the numbers, species and value of trees on many estates are lodged in record offices. An analysis of these records is included in a new book, *Trees in England*, in which the authors comment that in the past oak, ash and elm trees were an essential part of the local economy.



Today, the situation is very different with the significant loss of hedgerows and the trees within them. Most surviving trees are old oaks or ash, growing as uncut pollards with spreading crowns. Any mature elms are extremely rare, but there is a small group in Tilty shown above, and another is recorded in Bartlow. Do you know of any other surviving elms? If so we would like to hear about them.

Tricia Moxey
Trustee
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STANSTED BOWLING CLUB

The countdown has begun; the Bowls season will be with us at the Stansted Bowls Club by mid-April. The first match of our season is traditionally a match between the Club President's team and the Club Captain's team. This will take place on Saturday 21st April. Please come along and watch from our covered veranda; the bar will be open and there will be plenty of friendly banter and good bowling to be seen between the two teams.

If you would like to give bowling a try then please come along to the Clubhouse adjacent to the Recreation Ground on Saturday 28th April and Sunday 29th April, any time between 10.00am and 3.00pm. These dates are open to all visitors to come along and see our facility and have a go at bowling on the green, we would only ask that you bring along flat shoes. We have woods for you to try, and there will even be some refreshments available, including our licensed bar. Members will be pleased to offer advice on what we do and how the game is played. We also have regular social evenings on Fridays, where you can get a drink from the bar, sit and chat, play darts, have a go at indoor bowling, or if it's sunny and warm, chill out on the veranda. All you need to do is become a Club social member. Please contact me for more details. From May we start regular League Matches on Wednesday evenings; the schedule for our friendly weekend matches will also begin. I shall post these dates in this update each month, so you can pop along and see us.

Peter Beattie
Hon Secretary
Tel: 07850 329192
Email: peterdavidbeattie@gmail.com



Stansted Cricket Club

The Division Two fixtures in the Herts & Essex League have now been published, and our 1st XI is looking forward to a much more localised set of opponents: Farnham, Hatfield Heath, Little Hallingbury, Stansted Hall and Elsenham, Takeley, Thaxted, Theydon Bois, Thorley and Woodford Wells IV. Net practice sessions at the HECC Sport Cricket Centre have been well attended and will continue from 9.00pm-10.00pm each Tuesday evening until 10th April. At the Club's AGM on 8th March Ben Baker was elected 1st XI captain with Huw Edwards as his vice-captain; Keith Ayres was elected 2nd XI captain with David Powter as vice-captain. Keith Ayres, Ben Baker, David Powter and Ben Sammons will share the captaincy of the Sunday XI.

The Club has a number of close-season projects in the pavilion planned for completion before the start of the season; we are also waiting to learn whether we have secured a grant from the England Cricket Board (ECB) towards a new flat-sheet cover. There will be a pre-season working party on Sunday 15th April from 10.00am, working to prepare the ground for the coming season. The Club would like to invite anyone interested in scoring on a regular basis next season to contact me. Adults wishing to join the Club should contact me; juniors should contact Head Coach Keith Ayres on 814471.



David Hedge
Hon Secretary
Tel: 812509



STANSTED FOOTBALL CLUB

The awful weather experienced at the end of February and early March caused havoc with league fixtures. Most matches were postponed, forcing clubs to rearrange games on new dates as quickly as possible to ensure that the season is completed by 29th April, the official end of season deadline. This has meant we have had to alter the players' training schedules, as the majority of our rearranged games are away from home. Unfortunately, the big thaw also saw our dressing rooms, boiler house and Committee room suffer burst pipes and were totally flooded leaving us with a huge clean-up operation!

Below is our current scheduled fixture at Hargrave Park for April; however we could potentially face further games as fixtures are still subject to change. Please see our social media websites for any updated changes.

Saturday 14th April West Essex League KO 3.00pm
This month also gives the opportunity for Stansted Veterans to play some friendly fixtures at Hargrave Park; the management team always welcomes new additions to their playing squad. If you are interested please contact me for more details.



Tom Williams
Secretary
Tel: 07921 403842

STANSTED HALL & ELSENHAM CRICKET CLUB

www.shcc.hitscricket.com

The recent adverse weather conditions would indicate that the cricket season is nearing! The Club's first friendly is on Saturday 14th April at home to Lindsell. The first league match is on Saturday 5th May at home to newly promoted Thaxted. The nice thing about this season's league is that most of the matches are against local village teams therefore less travelling is involved. Planning permission for the new pavilion at Elsenham has been granted. The Club now needs to raise the funds required. We have made a start and are talking to various organisations for funding. Best case scenario is that the pavilion will be erected by the start of the 2019 season; worst case is that we do not raise the funds required, so there is all to play for. Various fundraising events will occur during the season.

We hope to take the juniors down to the Oval this season to watch a day's county cricket and we may well have a two-day cricket camp during the school summer holiday. *All Stars* cricket for five to eight-year olds was hugely popular last year and we will be supporting the England and Wales Cricket Board (ECB) again this season. If you have a child in that age group why don't you sign up and come down on a Friday evening and have an hour's rest sitting on the outfield watching your son or daughter enjoying themselves; you could maybe bring a picnic? We welcome new members of all ages so if you want to join the Club in any capacity please contact me or go onto our website.



David Brown
Tel: 831011 or 07788 999663
Email: David1.r.brown@gmail.com

DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alzheimers Society	Tel: 01371 872519	Parkinson's UK	Vivian Falk, Chairman
Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Uttlesford Support Group	Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk
Beaver Scouts Age 6-8	Wayne Browning Tel: 079764 41468 Email: mrwbrowning@googlemail.com	Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net
Bowls Club	Peter Beattie, Hon Secretary Tel: 07850 329192 Email: peterdavidbeattie@gmail.com	Rainbows	Sue Pollard Tel: 813734
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	Rotary Club	Martin Budzinski Tel: 07803 878961 Email: martin@voucherpacks.com
Brownies (Wednesday)	Susan Scott Tel: 810955	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
CAB	Tel: 08444 775986	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
Corkers Netball	Lisa Menzella Tel: 07827 988732	Spangles Children's Centre	Sarah Mason Tel: 812348 Email: smason2@spurgeons.org
Craft Club	Sam Debbah Tel: 07866 185704 Email: tuftydawn@googlemail.com	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Cub Scouts Age 8-10½	Steve Turrell Tel: 07519 572642	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Day Centre	Tel: 815091	Stansted Football Club	Tom Williams Tel: 07921 403842
Explorer Scouts	Vic Clarke Tel: 07903 413217	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Grove Cottage	Andrea Charity Tel: 656085/ 07795 483674	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	Tennis Club	Chris Hollis Tel: 319155 Email: chris.hollis2@btinternet.com
Helpline	Tel: 07704 553727	U3A	Helen, Chair Tel: 812945
History Society	Peter Brown, Chairman Tel: 812816	Women's Institute (Stansted)	Brenda Ryan, President Tel: 812725
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
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Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com	Youth Centre	Linda Barnes Tel: 07947 548051
Little Scrummers	Andrew Poyser Tel: 07738 591232		
Millers (Windmill)	Molly Clark Tel: 816768		
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		

Note: This list will be updated as and when we learn of any changes. If you would like the details of your organisation to be added please let us know. (Contact details on page 1.)

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

If you would like to mark any occasion that is special to you or someone you know, by announcing it in the Link, please email a short message together with your name address and telephone number to: announcements@stanstedlink.org.uk or send the details to 7 Blythwood Gardens, Stansted CM24 8HG. Details must be submitted by the 8th of the month for publication the following month.



NEW ARTHUR RANK HOSPICE OPENED

His Royal Highness, Prince Edward, The Earl of Wessex, officially opened the Arthur Rank Hospice's home at Shelford Bottom on Friday 19th January.

During a tour guided by the Hospice's CEO Dr Lynn Morgan and Director of Clinical Services Liz Webb, Prince Edward took the opportunity to talk to Day Therapy patients.



Peter Wooding, who was attending day therapy, said: "He was a very nice man – I was amazed, we sat and talked for quite some time. I was having my hands massaged and he said, 'That looks good' and I said 'It is'. No airs no graces, just an interesting chap." His Royal Highness then proceeded to the Inpatient Unit. Carly Love, Matron on the Hospice's Inpatient Unit, adds: "The Earl was particularly interested to talk to the patients and hear their stories: one told him that he was at Buckingham Palace on the day that he, Prince Edward was born, receiving an award from Prince Philip, Duke of Edinburgh! It's a real boost to know that another member of the royal family has seen first-hand and appreciated how important our work is." CEO Dr Lynn Morgan said: "As well as unveiling a plaque marking this special occasion, The Earl was kind enough to sign the front page of our Founders' Book, which also includes the names of all the people who donated to our Founders' Appeal. The book will be available to view in the Bistro, so do feel free to call in to visit us, see this piece of history for yourself, and of course have a hot drink and something to eat whilst you're here!"

Dawn Easby

Email: Dawn.Easby@arhc.org.uk

SCHOOLREADERS BOOK CLUB CHALLENGE

www.schoolreaders.org

Are you a book club member? Why not make one of your regular meetings this spring a Schoolreaders Quiz evening? You could win Prosecco or book tokens for all your members. Our charity improves childhood literacy by providing volunteers to give one-to-one reading practice to children in primary schools across the country. Sign up for our fun quiz about books and reading, have a great evening with friends (between March and May when our event finishes), and raise funds to support children's reading. Together we can help children get the most out of books and out of life. Visit our website to find out more.

Belinda Chambers
Schoolreaders Ambassador
Tel: 01234 924111



BRITISH RED CROSS TEA PARTY

You are invited to join us for a fundraising Tea Party on **Wednesday 9th May** from 3.00pm in the Day Centre, Crafton Green. Tickets cost £6 each and are available from me or Rosina Kirkwood (816916). This is part of National Red Cross Week and proceeds will go to the British Red Cross - helping people in crisis.

Christine Stiles
Tel: 813172



ST CLARE HOSPICE

www.stclarehospice.org.uk/care/compassionate-neighbours/

Volunteers wanted for project to tackle loneliness

St Clare Hospice is seeking volunteers to support their new community-led project aimed at tackling loneliness and isolation across West Essex and East Herts. The Hastingwood-based hospice charity launched the *Compassionate Neighbours* project in February and is aiming to recruit 50 volunteer *Compassionate Neighbours* over the next 12 months. Project Manager Stacey Towler said: "People living with a life-limiting illness often struggle with loneliness and social isolation. *Compassionate Neighbours* can really make a difference and offer some extra support. They are a network of trained volunteers who offer their time, companionship and a listening ear to people living in their community who are coping with illness or old age. *Compassionate Neighbours* help others by visiting regularly; offering companionship and emotional support, helping them to do the things they like doing and helping them stay connected to the community as well as family and friends."

St Clare Hospice is looking for people who live in Uttlesford District, Bishop's Stortford, Sawbridgeworth, Harlow and Epping Forest to become a *Compassionate Neighbour*.



Volunteers will be provided with a full training programme, free of charge. The training courses are informal, fun and inspirational, giving volunteers the opportunity to explore how they can use their compassion to help others and give them the confidence to support people in their community. Please note that you must be over 18 to volunteer for this service. St Clare Hospice will carry out a relevant Disclosure and Barring Service (DBS) check and you must be willing to give up your time on a regular basis. To find out more about becoming a *Compassionate Neighbour*, contact the Project Manager, Stacey Towler on 773279 or visit our website.

Chris Carter
Communications Volunteer
Tel: 773752

Email: communications@stclarehospice.org.uk

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